

WELCOME TO LEHI KIDS' SPORTS CAMP!

THE CAMP IS A GREAT OPPORTUNITY TO SET THE TONE FOR A LIFETIME OF ATHLETIC ENJOYMENT. THE PRIMARY FOCUS FOR THE PARTICIPANTS IS TO BEGIN TO LEARN THE BASICS OF SPORTS BY DEVELOPING SKILLS, WHILE CONTINUING TO REFINE THEIR DEXTERITY, BALANCE, AND COORDINATION.

JUST A FEW REMINDERS:

- ✓ PLEASE BE SURE TO HAVE YOUR CHILD WEAR APPROPRIATE ATHLETIC CLOTHING WHICH WILL ALLOW FOR EASY MOVEMENT.
- ✓ YOUR CHILD IS WELCOME TO BRING AND USE THEIR OWN EQUIPMENT FOR THE SPORT WE ARE DOING THAT DAY.
- ✓ WHILE WE HAVE ACCESS TO WATER FOUNTAINS, IT IS A GOOD IDEA TO BRING A WATER BOTTLE TO DRINK.

CAMP SCHEDULE

9:00-9:20 - WARM-UP GAME AND STRETCHING

9:20-9:40 - SKILL #1

9:40-10:00 - SKILL #2

10:00-10:05 - WATER BREAK

10:05-10:25 - SKILL #3

10:25-10:45 - SKILL #4

10:45-11:00 - GAMES/SCRIMMAGE

THANKS FOR YOUR PARTICIPATION. WE LOOK FORWARD
TO A FANTASTIC CAMP!